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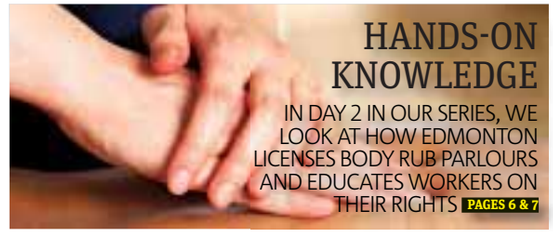


HANDS-ON KNOWLEDGE

IN DAY 2 IN OUR SERIES, WE LOOK AT HOW EDMONTON LICENSES BODY RUB PARLOURS AND EDUCATES WORKERS ON THEIR RIGHTS PAGES 6 & 7

Mountie faces sex charges

Man and woman arrested. Alleged assault of Sask. girl occurred in 1982

A senior RCMP officer has been charged with sexual offences involving a 12-year-old girl in Saskatchewan more than three decades ago.

Saskatchewan RCMP said Insp. Ronald Makar is charged with sexual intercourse with a female without her consent, and with having sexual intercourse with a female under the age of 14 in the alleged assault in Carlyle.

The charges are based on the 1982 Criminal Code and would be equivalent to sexual assault today.

"Allegations like these are disturbing when made against a member of the general public," Supt. Alfredo Bangloy said at a news conference in Regina on Tuesday.

"For a serving police officer to be facing charges like these is extremely disturbing."

Makar has been a Mountie for 34 years. He was arrested on Tuesday morning at the Wood Buffalo detachment in Fort McMurray, Alta., which he has commanded since 2012.

He has been suspended with pay.

Bangloy said a woman filed a statement last year alleging that she was assaulted in the summer of 1982 by a man and a woman "who were involved in a romantic relationship."

The woman, Constance Haduik, is charged with indecent assault of a female person.

She was arrested at her workplace in Kyle, Sask., last Thursday.

Bangloy would not say how the three were connected.

"I can't get into the specifics of the relationship, other than to say the 12-year-old victim was known to both accused," he said.

Makar was a constable at the RCMP detachment in Carlyle in 1982.

Most of Makar's service has been in Saskatchewan. He has worked in Kyle, Fond du Lac, Regina, Milestone and Saskatchewan RCMP division headquarters in Regina.

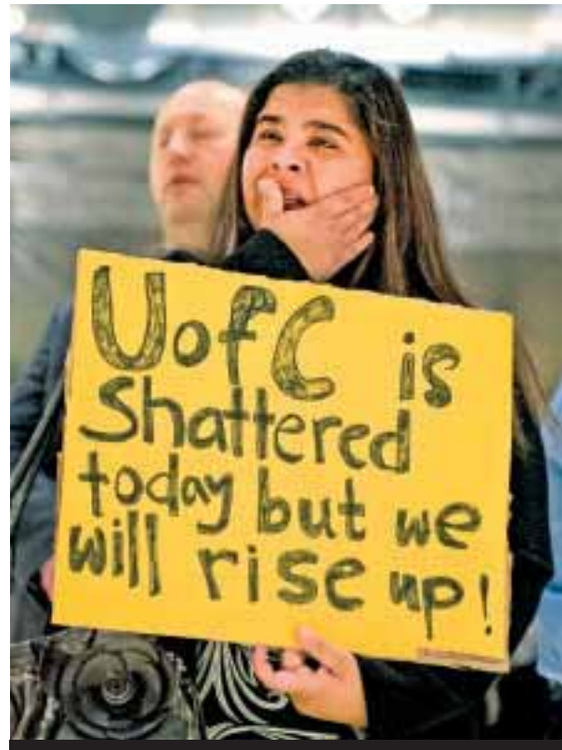
RCMP said if convicted, Makar would face an RCMP Code of Conduct review that could result in his dismissal.

"While in some cases where a member faces criminal charges the appropriate disciplinary sanction may be dismissal from the RCMP, it is dependent on the case and is not automatic," RCMP said in a release.

THE CANADIAN PRESS

Court date

Both of the accused are to appear in court on June 4 in Carlyle.



'SO MUCH SORROW'

University of Calgary staff member Saima Jamal cries during the school's memorial service for the victims of the fatal stabbings in Calgary on Tuesday. From top to bottom, four of the victims: Zackariah Rathwell, Josh Hunter — two members of the band Zackariah & The Prophets — Lawrence Hong and Jordan Segura. Story, page 4. LEFT: LARRY MACDOUGAL/THE CANADIAN PRESS; HEADSHOTS: FACEBOOK

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Cop faces disciplinary charges

Regina police. Officer placed on leave due to allegations of inappropriate use of surveillance video

A senior Regina police officer is facing three disciplinary charges over allegations of inappropriate use of surveillance video.

The officer is charged with discreditable conduct, neglect of duty and improper disclosure of information.

He has not been formally named, but media reports have identified him as Insp. Robert Dean.

The officer was placed on leave after a complaint by a Regina woman who had gone to a shopping mall to fax an inquiry to the Dolphins Swim Club about the organization's finances.

Andrea MacMurray says swim club officials then confronted her, saying they had surveillance video of her sending the fax.

She later learned police had asked the mall for the recording. She then went to the Public Complaints Commission, which investigates complaints against police.

Media reports indicate that Dean is a brother of the swim club's director. CTV Regina reports that he is scheduled to retire in less than three months.

"These are allegations and serious ones, and charges have been initiated," Chief Troy Hagen told reporters on Tuesday.

"If you retire as a serving member, under the Police Act ... if charges are laid, then there is no mechanism to bring that person before a hearing officer because effectively, the jurisdiction has been lost."

He said there is no need for policy changes as a result of the allegations.

"We are all held to a pretty high standard around accessing information," Hagen said.

"It has to be for a bona fide purpose."

THE CANADIAN PRESS

One arrested after multiple stabbings

Multiple random stabbings at Cornwall Centre injured four people on Tuesday evening, prompting a heavy police response to the downtown shopping mall at about 6 p.m. City police arrested a male youth in the mall after he allegedly attacked people randomly with a knife and then threw the weapon at officers when confronted. Three of the victims were taken to hospital by ambulance, while a fourth was treated at the scene. Their conditions were unknown. Police said they had found no link between the victims — all of whom are male — and the suspect, whose motive remained uncertain. No officers were injured. Unspecified charges against the suspect were pending at press time. SARAH TAGUIAM/METRO

Sask. minister appoints friend to appeal board

June Draude METRO

Saskatchewan Social Services Minister June Draude is in political hot water again after appointing a close family friend to the arm's-length Social Services Appeal Board.

Rita Crone, a cousin of Draude's husband, has been co-chairwoman of the Social Services Appeal Board since Jan. 31. She was appointed to a regional appeal board in 2008, before gradually climbing the ranks onto the provincial board after Draude became social services minister.

NDP labour critic David Forbes charged that Crone's appointment raises red flags on the impartiality of the board, which re-examines social services cases.

"It was somebody I knew and had the qualifications ... but if this is the type of thing that's causing concern, I guess I'll ask to see if we should just make it nobody you know," said Draude, who has also made recent headlines for an overseas travel expense scandal.

Forbes, however, said Crone's qualifications don't matter if her position compromises fairness.

Despite the controversy Crone is continuing to serve as the board's co-chairwoman.

SARAH TAGUIAM/METRO

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Scan the photo below with your Metro News app to watch Calgary police Chief Rick Hanson speak on the stabbing.

‘Worst mass murder in Calgary’s history’

Celebration turns into tragedy. Cop’s son charged as city reels from house party stabbing spree that left five people dead

The son of a senior Calgary police officer has been charged with five counts of first-degree murder in connection with the stabbing deaths of five young people, believed to have been celebrating the end of the University of Calgary’s winter semester.

“This is the worst mass murder in Calgary’s history,” Calgary police Chief Rick Hanson told reporters on Tuesday.

The suspect, 22-year-old Matthew Douglas de Grood, is the son of a 33-year member of the Calgary Police Service, confirmed as Insp. Doug de Grood. Hanson told reporters he spoke with the suspect’s father, who said he and his wife are heartbroken.

“They are now feeling so much sorrow.… Those young people are dead and they are absolutely devastated.”

Police officers were first called to a house party in the city about 1:20 a.m. Three people were found dead at the scene, while two more died in hospital.

Hanson said the victims included a 22-year-old man, a 23-year-old woman, two 23-year-old men and a 27-year-old man. An EMS spokesperson said at least one other partygoer was injured, but was taken to hospital in stable condition.

“Every Calgarian is shaken to the core by what has happened here,” Calgary Mayor Nenshi said. “Our thoughts and prayers are with the young people we lost today, and with their families and friends and certainly the university community.”

Two of the dead have been identified by friends as Zackariah Rathwell and Josh Hunter, both members of a band called Zackariah & The Prophets.

Rathwell and Hunter, were both friendly and talented guys, said Jesse Northey, who helped produce the band’s first album.

“It’s a shame and it breaks my heart,” he said.

A Facebook page under the name Matt de Grood said he completed a psychology degree from the University of Calgary last year and had been accepted into the school’s law program for the fall.

The last posting was Monday night: “Dread and the fugitive — the world needs a hero,” a reference to a song and album from the thrash-metal band Megadeath.

JEREMY NOLAIS, ROBSON FLETCHER & BRYAN WEISMILLER/METRO IN CALGARY, WITH FILES FROM THE CANADIAN PRESS

Calgary police talk to potential witnesses regarding the multiple fatal stabbings in Calgary on Tuesday.
LARRY MACDOUGAL/THE CANADIAN PRESS

In shock

“This is not something that happens here.”
Calgary Mayor Naheed Nenshi

Libel suit. Ontario premier seeks $2M from Tories over comments by leader

Ontario Premier Kathleen Wynne took the next step Tuesday in her libel suit against the province’s Opposition leader, filing a statement of claim seeking $2 million in damages.

The libel suit stems from Progressive Conservative Leader Tim Hudak’s comments late last month suggesting that Wynne “oversaw and possibly ordered the criminal destruction of documents” and that criminal conduct took place in her office.

Police are investigating the deletion of emails related to the Liberals’ decisions to cancel gas plants prior to the 2011 election.

“These allegations and accusations are false and utterly unsupported, and you ought to know it,” Wynne wrote in an open letter to Hudak on March 30, threatening legal action if he didn’t apologize and retract the comments.

Quoted

“The government should never resort to the court-room to silence its critics.”
Tory energy critic Lisa MacLeod, who said Wynne’s libel suit “looks malicious”

The statement of claim asks for $1 million for “general damages for defamation,” $500,000 for “aggravated damages,” $500,000 for “punitive damages plus costs.”

Wynne’s spokeswoman said Tuesday that the statement was delivered to Hudak, PC energy critic Lisa MacLeod and the PC Ontario Fund.

The Conservatives accused Wynne of using “libel chill” to try and silence the official opposition. **THE CANADIAN PRESS**

Probe launched. More than 60% of female inmates on mood-altering medication

Canada’s prison watchdog has launched an investigation into the prescribing practices in federal prisons, after it was revealed that more than 60 per cent of female inmates across the country are receiving psychiatric medication.

A joint investigation by The Canadian Press and CBC has learned that in August 2013, of 591 female federal inmates in five correctional institutions, 370 were being prescribed at least one psychotropic medication — drugs that impact mood and behaviour.

When separated by region, the prescription rate jumps to almost 75 per cent in prisons such as the Nova Institution for Women in Nova Scotia, the Joliette Institution for Women in Quebec and the Fraser Valley Institution for Women in British Columbia.

That is a significant increase from 2001, when the prescription rate was 42 per cent, according to a study by Correctional Service Canada that raised concerns about what it called “overprescribing and multiple prescribing of psychotropics” in some prisons.
THE CANADIAN PRESS

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Military takes action in east Ukraine

Eastern uprising. First clash since president's 'anti-terrorist operation' announced

In the first Ukrainian military action against a pro-Russian uprising in the east, government forces said they clashed Tuesday with about 30 armed gunmen at a small airport.

The clash came hours after Ukraine's acting president, Oleksandr Turchynov, had announced an "anti-terrorist operation" against the armed, pro-Russian insurgents who had seized control of numerous buildings in at least nine cities in Ukraine's restive east.

The central government has so far been unable to rein in the insurgents, who it says are being stirred up by paid operatives from Russia. The insurgents are demanding broader autonomy and closer ties with Russia.

The clashes Tuesday came at Kramatorsk airport, just south of the city of Slovyansk, which is 160 kilometres from the Russian border. The city has come under the increasing control of the gunmen, who seized it last weekend.

There were conflicting reports of casualties. Russian media, without citing sources, claimed from four to 11 casualties at the airport. The Ukrainian government said there were no casualties. THE ASSOCIATED PRESS

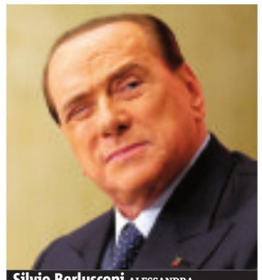
Pro-Russian activists make barricades in front of the gate of an airport in Kramatorsk, eastern Ukraine, Tuesday. SERGEI GRITS/THE ASSOCIATED PRESS

Berlusconi. Former Italian PM sentenced to community service

Former Italian prime minister Silvio Berlusconi was ordered Tuesday to spend four hours a week helping the elderly to repay society for his tax fraud conviction, a sentence that imposes few restrictions on his campaigning in the upcoming European elections.

The 77-year-old three-time former prime minister cannot run in the elections due to the conviction, but he remains influential in politics as head of the Forza Italia party. His support is also crucial for a constitutional reform to abolish the Senate sought by Prime Minister Matteo Renzi. The two men met on the eve of the court's decision in Renzi's offices, according to Italian media reports.

Berlusconi's four-year sentence for tax fraud was confirmed by Italy's highest court last summer, the first ever against the media mogul in dozens of prosecutions, and reduced to one year under a general amnesty aimed at easing overcrowding in Italian prisons. Due to Berlusconi's age and the relatively short sentence, prison time was never likely. He was, however, booted from the Senate and given a two-year ban on running for elected office. THE ASSOCIATED PRESS



Silvio Berlusconi ALESSANDRA TARANTINO/THE ASSOCIATED PRESS FILE

LGBT equality

India recognizes transgender rights

Tuesday issued a landmark verdict recognizing transgender rights as human rights, saying people can identify themselves as a third gender on official documents.

The Supreme Court directed the federal and state governments to include transgender people in all welfare programs for the poor including education, health care and jobs to help them overcome social and economic challenges. Previously, transgender Indians could only identify themselves as male or female in all official documents.

There are an estimated three million transgender people in India. THE ASSOCIATED PRESS

Flight 370

Sub aborts first search mission

A robotic submarine hunting for the missing Malaysian jet aborted its first mission after only six hours, surfacing with no new clues when it exceeded its maximum depth along the floor of the Indian Ocean, officials said Tuesday.

Search crews sent the U.S. navy's Bluefin 21 into the depths Monday to begin scouring the seabed for the missing plane after failing for six days to detect any new signals believed to be coming from its black boxes.

The data collected by the sub was later analyzed and no sign of the missing plane was found, the U.S. navy said. THE ASSOCIATED PRESS

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Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.

Sex ed: City-run class all about knowledge

For Day 2 of our three-part series, Metro Canada takes a look at how Edmonton has been actively regulating 42 massage parlours in its jurisdiction, with rules about their location, hours of operation and even requiring those who work there to complete a city-run class. We also find out what a massage therapist thinks about establishments that offer rubs, tugs and sometimes more

RYAN TUMILTY
Metro in Edmonton

Every two weeks, another 10 to 15 women join Edmonton's sex trade.

In a city-run information course, they take the last step towards being licensed to work in one of Edmonton's body rub parlours.

After a criminal record check is complete they take part in the three-hour class and become licensed to work in one of the parlours. Sarah Croll, a municipal enforcement officer, is part of the group that oversees these classes that she says give out fundamental information sex workers need.

"Knowledge is really important for those who have either never worked in the industry before or workers who just were never told," she said.

In addition to tutorials on bylaws and provincial employment standards, class attendees can also get tips on declaring income and taxes.

Kate Quinn, from Edmonton's Centre to End All Sexual Exploitation, says the class is a way of making sure the women entering the parlours know their rights.

"We are able to inform them about what they are getting into, so kind of eyes wide open, these are the realities and here are some facts," she said.

Quinn said women entering the sex trade often don't understand that they have rights.

"You have the right not to be sexually assaulted and this is what sexual assault looks like," she tells the women in the class. "You have rights if you become a victim of crime."

Croll regularly visits the city's licensed parlours to introduce herself to women in the industry, hopeful that this familiarity will make it easier for individuals to come to her and other enforcement officers for help later, if necessary.

"It's a really good chance for us to build a relationship before we actually venture out into the studios," she said.

Enforcing the law

Garry Dziwenka, Edmonton's director of licensing, holds up the poster that must be visible in the city's body rub parlours. The posters have information for sex-trade workers on resources they can turn to, along with rules on how parlours must be run. RYAN TUMILTY/METRO IN EDMONTON

Working to prevent exploitation

In 2009, Edmonton police laid the first human trafficking charges in the city's history after three women were discovered working under extreme conditions at a local body rub parlour.

Located on the north end of the city, Sachi Professional Massage and Spa was raided by police, who called the conditions of the victims "modern-day slavery."

Ranging in age from 21 to 41, the three women worked and slept in the same room in the parlour, which was open 24 hours a day, seven days a week. City regulations have since changed, limiting the hours of operation at body rub parlours to 7 a.m. to 11 p.m.

According to police, the women came to Canada legally from Beijing and Fiji after answering a newspaper ad for a job in the massage industry.

While three people were charged in connection to the case, ACT Alberta, an advocacy group that works with police and other local stakeholders to address human trafficking in the province, reported all charges were dropped because victims refused to testify.

LEAH GERMAIN/METRO IN EDMONTON

Under the law. 'It's just another licence'

Despite the recent Supreme Court of Canada decision, selling sex is still illegal in Canada. Yet in some of Edmonton's massage parlours, it's happening every day.

The city runs classes for body rub workers, regulates where businesses can be located and their hours of operation.

"The topic may generate people's strong opinions, but it's just another licence that we issue," said Garry Dziwenka, Edmonton's director of licensing.

He says the city's bylaws aim to keep workers safe above all else.

"The City of Edmonton has put in a progressive legislative model that focuses on the safety of the workers and the safety of the neighbourhoods."

The regulations call for criminal record checks and require at least two people to be working at each establishment at any given time. Parlours also must be at least 100 metres away from schools and daycare centres.

Municipal enforcement officer Sarah Croll, along with an Edmonton police officer, visit each licensed parlour at least once a month.

"We will go out to every single one of them and we will spend time checking the licences, making sure that everyone who is there is licensed to be there," she said.

"It's a very transient type of industry so we want to make sure that our list matches their list and we know where people are working should we need to get a hold of them," she said.

RYAN TUMILTY/METRO IN EDMONTON

Legit massage therapists rubbed the wrong way

Separating legitimate from intimate. Illicit body rub biz puts sexual pressure on some masseuses with above-board practices

The massage therapists association of Alberta says having sex-fuelled parlours can create workplace dangers for legitimate masseuses. ISTOCK IMAGE

Legitimate massage therapists say they are tired of people assuming their work comes with the same "happy ending" that body rub parlours offer.

Chandra Kastern, the assistant executive director of the massage therapists association of Alberta, said her industry faces demands for sexual services that no other health professional faces.

"You don't go to a chiropractor and expect that or any number of other professions that involve an individual relationship," she said.

She said massage therapists get customers who expect sex to be part of legitimate massage. It creates concerns and safety risks.

"We work in isolation so a lot of times you have an individual practitioner either in a business or a home, working on their own," she said.

She said the industry also has to deal with the stigma created by the blurred line.

"When people hear 'massage parlour,' they immediately think of the less-than-above-board practice, and that stigma is what continues to drive members of the public who are looking for those adult entertainment services into our businesses."

During the 2011 federal election campaign, it was reported that then-NDP leader Jack Layton was found in a Toronto massage parlour during a police raid 15 years earlier. The worker in the parlour was a registered massage therapist, and the event prompted an open letter from massage therapists across the country.

"The insinuation that a massage therapist is anything but a health professional does nothing to validate or improve the image of the profession in the public psyche," read the letter.

Kastern said the best solution to this problem would be for massage therapists to be regulated in all provinces, as they currently are in New Brunswick, Newfoundland, Ontario and British Columbia. She said registration would allow them to better draw a line.

Kastern said that if massage therapists were regulated they would be able to stop people who aren't trained from calling themselves therapists and find other ways to create clearer lines between the two industries.

RYAN TUMILTY/METRO IN EDMONTON

Up next in the series

Tomorrow

We talk to one man who visits Edmonton's massage parlours and why he thinks it's cheaper than dating. We also speak to those who live nearby.

• **Online:** If you missed the first day of our series, visit metronews.ca/features/massage-parlours to read our interview with Elizabeth, a massage parlour worker who goes by the name Roxy when she is on the job, and our interview with a body-rub parlour owner.

Have your say

Curious what regulations exist in your city when it comes to body rub parlours? Visit metronews.ca/features/massage-parlours for an interactive map with highlights of your local bylaw.

- Parlours can be found across Canada, maybe even close to your home. Follow us @metropicks and give us your thoughts on these businesses, their workers and those who visit them.
With the government looking at prostitution laws, now is your time to be heard.

San Francisco to legalize it... Airbnb that is

Short-term rentals. Whether legal or not, residents are renting out their homes, so now the City by the Bay aims to impose some rules

Legislation set to be unveiled in San Francisco would make it legal for city residents to rent out their homes on sites such as Airbnb, but only if they have liability insurance and meet other requirements, a newspaper reported.

Supervisor David Chiu was expected to unveil the legislation on Tuesday, according to the San Francisco Chronicle. Short-term rentals are currently banned in San Francisco.

On its website, Airbnb warns hosts to be aware of the laws in their city, noting that some restrict people's ability to host paying guests for short periods. Chiu's bill would lift the ban in San Francisco, but also impose regulations. THE ASSOCIATED PRESS

New York, New York

Officials in other parts of the U.S., including New York City, have raised concerns about short-term rentals as well.

- New York's attorney general has demanded that Airbnb turn over data about N.Y.C. residents who have listed on the site as part of an investigation into whether they are breaking a state law barring sublets for fewer than 30 days if occupants are not present.

Samsung's smartphone blooms

People watch an advertisement for Samsung's Galaxy S5 smartphone in Seoul on Tuesday. Samsung Electronics Co. released its latest Galaxy S5 smartphone and wearables in 125 countries around the world last week.

AHN YOUNG-JOON/THE ASSOCIATED PRESS

Gone flat

Coca-Cola's pop sales fizzle for first time since 1999

Coca-Cola, the world's biggest beverage maker, said Tuesday that the amount of soda it sold globally fell for first time in 15 years.

The drop in the first quarter was offset by sales of its noncarbonated drinks. THE ASSOCIATED PRESS

CRA

NDP demand answers on Heartbleed bug

Two New Democrat MPs have written to the minister in charge of the Canada Revenue Agency asking her to explain what they say are discrepancies in the timeline of the Heartbleed security bug. THE CANADIAN PRESS

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HALLELUJAH STILL STRIKES A CHORD

JUST SAYIN'

Paul Sullivan
metronews.ca

What is it about Hallelujah?

I'm not talking about Handel's Christmas chorus, but the wonderful (if mournful) Leonard Cohen song that has been covered more times than the national anthem.

There are more than 300 known covers, and now there's one more thanks to a surprise wedding version performed earlier this month by an Irish priest that has generated more than 26 million YouTube views.

The Pope would like those numbers. In his dreams.

Father Ray Kelly has a melodious voice and his performance, standing at the altar, is quite straightforward and lovely, mercifully free of devotional histrionics. At the end of it, he gets a standing ovation from the parishioners.

Ironically, the original is anything but holy, unless you mean Holy Cow!

Verse 2:

"Your faith was strong but you needed proof/You saw her bathing on the roof/Her beauty in the moonlight overthrew ya.

"She tied you to a kitchen chair/She broke your throne/And she cut your hair/And from your lips she drew the Hallelujah."

And that's just the part we can repeat in a family newspaper.

Obviously, Father Kelly's lyrics are more matrimonial, but his voice still captures the rapture of the magnificent chorus that the now-deceased singer Jeff Buckley first nailed in the first cover version all the way back in 1994. The original, recorded way back in Cohen's wry, dry monotone, inspired no one but connoisseurs of clever lyrics, but since Buckley's cover, it's gone on to sell more than a million digital copies, has been ranked number 259 on Rolling Stone's 500 Greatest Songs of All Time, and a British poll of 50 songwriters listed it among the top 10 tracks of all time. John Legend, no stranger to soulful music, calls the Buckley version "one of the most beautiful pieces of recorded music I've ever heard."

What is it about this song? Is it that "secret chord/That David played and it pleased the Lord?" Or is it the fact that Cohen rewrote the song 80 times, at times banging his head against the floor. It got to him, too.

It got to Bob Dylan, Neil Diamond and k.d. lang. It got to various American Idol, X Factor and The Voice contestants, and it got to the music producers of half the soundtracks of half the shows on TV.

It got to the Maccabeats of Yeshiva University. And it got to Father Ray Kelly at a wedding in Ireland.

In a way, it's the Hallelujah Chorus of our time: bitter, mournful, ironic, haunting … and redeeming.

The last verse sends chills down my spine:

"I did my best/It wasn't much/I couldn't feel so I tried to touch

"I've told the truth/I didn't come to fool ya

"And even though it all went wrong/I'll stand before the Lord of Song

"With nothing on my tongue but Hallelujah.

"Hallelujah."

ZOOM

Sun, moon, Earth align

SCOTT BARBOUR/GETTY IMAGES

Skywatchers catch rare 'blood moon'

Sky-gazers in North and South America, Australia and New Zealand were treated to a full lunar eclipse — at least those fortunate enough to have clear skies.

The moon was eclipsed by the Earth's shadow early Tuesday, beginning around 1 a.m. EDT for 5 1/2 hours. The total phase of the eclipse lasted just 78 minutes.

For some, the moon appeared red-orange because of all the sunsets and sunrises shimmering from Earth, thus the name "blood moon."

THE ASSOCIATED PRESS

From bottom left to top left: The moon's transition during a total lunar eclipse. JOE RAEDLE/GETTY IMAGES

Did you miss it? Next total eclipse is Oct. 8

- It's the first of four eclipses this year and the first of four total lunar eclipses this year and next. The latter is a rare lineup; the next so-called tetrad of total lunar eclipses won't occur until 2032-33. In the meantime, get ready for a solar eclipse in two weeks.

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MetroTube

Jenga game is larger than life

ANDREW FIFIELD
metronews.ca

I once had the dimly recalled experience of playing a drinking game version of Jenga where each block assigned you a stupid human trick to perform. Eventually, the novelty wore off and it gradually devolved into a game of classic Jenga, only louder. Years later, the realization strikes about how that game could have been improved. Heavy machinery! Not combined with the alcohol of course, but as this Caterpillar stunt proves, serious training can make even Earth-shaking technology a party game championship contender.

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See that symbol? It means you can scan the photo below with your Metro News app to see a Haunted House 2 trailer

SCENE 2

Coming back to haha-haunt you

Killing 'em with laughter. Hollywood hasn't always cared for a shot of humour with its horror

IN FOCUS
Richard Crouse
scene@metronews.ca

If the Paranormal Activity movies curdle your blood and The Conjuring kept you up at night, perhaps A Haunted House 2 will be more your style. A humorous hybrid of horror hits, it stars Marlon Wayans and Jaime Pressly in a sequel to the popular (but critically lambasted) 2013 comedy.

According to IMDB, in the new film Wayans has "exorcised the demons of his ex" and is trying to start his life anew with his girlfriend. Unfortunately his new house turns out to be haunted and, even worse, his back-from-the-dead ex has moved in across the street.

It's all played for laughs — and will likely not give audiences nightmares — but it would be interesting to know how the makers of movies like Sinister, The Possession, and Insidious feel about having their movies made fun of.

Some filmmakers are flattered.

Night of the Living Dead icon George A. Romero enjoyed the zombie takeoff Shaun of the Dead so much he asked star Simon Pegg and director Edgar Wright to appear in Land of the Dead. The duo can be seen chained up in a 12-second cameo under a sign that reads Take Your Picture with a Zombie during the film's carnival sequence.

But not everyone gets the joke.

Cedric the Entertainer, left, and Marlon Wayans in A Haunted House 2. CONTRIBUTED

Years ago Boris Karloff made it known he wasn't very happy about a horror comedy. He was approached to play the monster in Abbott and Costello Meet Frankenstein, but declined because he felt the duo's brand of slapstick would be an insult to horror movies. Nonetheless he did some promo for the film — there are publicity pictures of him buying tickets at the box office — and later appeared in Abbott and Costello Meet the Killer, Boris Karloff and Abbott and Costello Meet Dr. Jekyll and Mr. Hyde.

Another horror legend said yes to Meet Frankenstein but no to the comedy. The movie was the only other time Bela Lugosi played Dracula on the big screen and he played it straight.

"There is no burlesque for me," he said. "All I have to do is frighten the boys, a perfectly appropriate activity. My trademark will be unblemished."

Finally, the movie Young Frankenstein gave overdue credit to an old-time movie studio technician. When Mel Brooks was prepping the film he discovered that Ken Strickfaden, the designer of the "mad scientist" electrical machinery in the Universal Frankenstein films, had all the equipment from the original movies stored in his garage. Strickfaden agreed to rent Mel the props and received a screen credit, which he hadn't been given on the original films.

That's scary stuff, kids

"There is no burlesque for me. All I have to do is frighten the boys, a perfectly appropriate activity. My trademark will be unblemished."

Bela Lugosi on reprising the role that made him famous, playing Dracula straight in the 1948 horror comedy Abbott and Costello Meet Frankenstein.

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Andrew Garfield ALL PHOTOS GETTY IMAGES

Garfield feels the great responsibility of filling out those tighty-Spideys

Andrew Garfield's Amazing Spider-Man costume is so skintight, he feels nearly naked — which is fine by him. "I love being naked," he tells Metro U.K. "It's important to be naked and be in touch with our bodies and not have shame about what we're made of. I love being in touch with nature and my own nature." Then there's the issue of how much the form-fitting Spidey suit reveals in certain delicate areas, something Garfield admits was given a lot of thought. "It takes a lot of consideration because you don't want it to be underwhelming," he joked during a TV interview in Australia recently. "You don't want it to intimidate, and you don't want it to (do) the opposite of intimidate. So yes, there is thought. But ultimately you have to trust that what you have is enough."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Upton pays clip-on service to her boobs

MELINDA TAUB
Metro World News

Kate Upton has such an amazing body that people keep putting it on icebergs and sending it to space. Doesn't matter where you put it: She looks amazing in a bikini, parka or while weightless or, I assume, in a volcano, which is probably next. But Kate Upton herself is tired of her breasts. Probably because she has to follow them onto icebergs and into space.

"I wish I had smaller boobs every day of my life as I love to wear spaghetti tops braless or go for the smallest bikini designs," Upton told the U.K. Sun (via Page Six).

"Every single day, I'm like, 'Oh, man, it would be so much easier,' especially if people didn't constantly bring them up."

Not that Upton hates her 34Ds all the time. She just wishes they were optional. "If I could just take them off like they were clip-ons," she says.

Aaron Carter

Clearing the Aaron missing Nick's nuptials

Aaron Carter was a no-show at big brother Nick Carter's wedding in Santa Barbara last weekend, but it wasn't for lack of trying. "Aaron had a contract to appear at the Cherry Blossom Festival in D.C. before Nick set his wedding date. Even though he was obligated to fulfill his contract, Aaron still wanted to make the wedding," his rep tells E! News. "There was a team of six people who worked to put together a plan to get him to Santa Barbara by the reception so he could at least participate in the celebration. He was on his way when his US Airways plane experienced mechanical difficulties in Pittsburgh and they became grounded there. So he never made it. Aaron was legitimately busting his ass to make it to his brother's wedding. He felt awful and had every intention of being there."

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LIFE 3

See that symbol? It means you can scan this image with your Metro News app to see a gallery of tantalizing images from southern Italy

Touring the bottom of the boot

Southern Italy.
All you need is a little wanderlust and wine to enjoy this beauty

AMBER SHORTT
amber.shortt@metronews.ca

If you can stomach the winding roads, the Amalfi Coast pays out in breathtaking views. PHOTOS: AMBER SHORTT/METRO

Southern Italy may be known as the birthplace of pizza, but a tour down the boot offers a culinary, historical and esthetic experience that goes far beyond a bit of crust and marinara. For travellers hungry for an excursion away from the travel guide must-dos, the Amalfi Coast and Apulia regions are perfect for the Italian enthusiast.

The Amalfi Coast

Those who can stomach the winding narrow roads and steep cliffs of the Amalfi Coast will be treated to beautiful, unspoiled views of the Mediterranean. Lush in greenery, the region is spotted with vertically built farms, quaint towns and pebble beaches. There is even an island or two off the azure horizon.

Eat and stay: Plenty of hotels dot the coastline, including the Hotel Delfino, which looks onto the island of Capri. Stop in the town of Amalfi for lunch on the beach at the Marina Grande restaurant.

What to do: Take in a concert at the Villa Rufolo in Ravello. The area inspired Wagner's final opera Parsifal and the stage looks over the coast; join a tour group for lunch at La Sorgente Farmhouse (they don't do private bookings) and see how a real Italian mamma makes mozzarella.

The labyrinth of Matera

It may seem like you are lost in the middle of nowhere, but historic Matera's maze of walls and corridors is worth the trek off the tourist routes, especially for an '80s kid who dreamed of chasing David Bowie's Goblin King from the film Labyrinth. From the paleolithic era right up to the 1960s, locals inhabited the Sassi di Matera (meaning "stones of Matera") — ancient cave dwellings along a canyon below the city. Some of the caves have been turned into museums, while others now house luxury hotels and restaurants.

Eat and stay: Take advantage of the city's history and stay at the Sant'Angelo Luxury Resort, which overlooks the canyon and caves. Matera is full of hidden cafés and restaurants — many in caves — so you can literally find your own hole in the wall.

Time travel in Otranto

It may be located at the heel of Italy's geographic boot, but don't hold that against Otranto. The city's castle, surrounding wall and cathedral are made of sandstone, pockmarked by age and weather. Brush your hand against the stone and tiny bits will brush away. The town has changed hands many times throughout history, and its cathedral houses the bones of more than 800 martyrs who were beheaded for not denouncing Christianity during Ottoman rule in the 1400s.

Indulge in Lecce

While the town has a distinct laid-back style — men in blazers and caps ride by on bicycles and well-dressed women walk the city cobbles in flats — Lecce is a feast for the stomach rather than the eyes. The Apulia region is known for its fish and fave e cicorie selvatiche (a tasty fava bean and chicory soup) found on most menus. The real treat is a regional dessert called pasticciotto: a crunchy-sweet pastry filled with creamy lemon custard.

Where to eat: Try a pasticciotto at the Pasticceria Luca Capilungo, which faces the ancient ampitheatre. For dinner, fill up on appetizers at the Osteria Degli Spiriti.

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Bucket List

San Juan, Puerto Rico

Beautiful beaches, great food, rich history, secluded places to escape to, an actual café society and amazing scuba diving — what's not to love about Puerto Rico? This U.S. territory enjoys a steady rise in popularity, as people cotton on to the fact that the capital of San Juan is an excellent spot to anchor a week away. And while there are some really great hotels, including La Concha Resort on Condado Beach and La Terraza in Old San Juan, renting a condo is also an excellent option. Make the fresh seafood mofongo your order of the day. Now is a good time to visit, before it gets too hot.

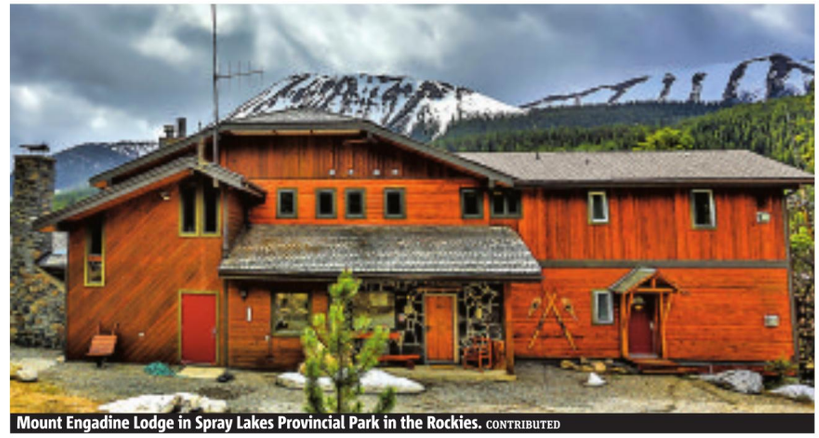
DOUG WALLACE/METRO

Hotels show it can be easy being green

Earth Day. Across Canada, lodges are cleaning up their acts. Here are a few of the sustainability stars

ON THE MOVE
Loren Christie
life@metronews.ca

In recognition of the upcoming Earth Day (April 22), I salute four hotels across the country that are doing their part for the environment.



Mount Engadine Lodge in Spray Lakes Provincial Park in the Rockies. CONTRIBUTED

Element Vaughan Southwest

Built green from the ground up, Element Vaughan Southwest is a 152-room extended stay hotel just outside Toronto.

Powered by 100 per cent renewable energy, the hotel has taken every opportunity to minimize its footprint. All guest rooms are equipped with recycling bins, flooring made from recycled tires and soy-based fabrics. The bathroom faucets are low-flow and the en suite kitchens feature filtered water and energy efficient appliances. The fitness centre has a stationary bike charging station, which powers up personal electronic devices while guests exercise. A complimentary Bikes-to-Borrow program encourages travellers to get out and enjoy the fresh air.

Auberge Le Baluchon

Located in Quebec's Mauricie region, the 88-room Auberge Le Baluchon is a standout for seamlessly incorporating itself into a stunning natural setting. The executive chef takes pride in the fact that the food is locally sourced. In winter, outdoor enthusiasts can go dog sledding, Nordic skiing or skate on the Du Loup River, a five-kilometre long outdoor skating rink. In summer, options include canoeing, horseback riding or mountain biking. Every activity requires nothing more than your own steam, or perhaps a little horsepower.

Mount Engadine Lodge

You can't get much more off the energy grid than Alberta's Mount Engadine Lodge. Nestled in Spray Lakes Provincial Park in the Rocky Mountains, guests will notice right away the lack of in-room televisions and refrigerators. Behind the scenes, the lodge limits its power usage by using a generator and rechargeable batteries to power energy efficient light bulbs and appliances. A state-of-the-art waste treatment system uses oxygen to break matter down and UV lights to purify it. The bathrooms are stocked with locally made environmentally friendly soaps and all the cleaning is done using environmentally friendly products.

Oak Bay Beach House

The historic Oak Bay Beach Hotel in Victoria, B.C., receives a nod for its recent renovations. Two years ago it was completely rebuilt on the same oceanfront site where the previous hotel stood for more than 80 years, and 95 per cent of the building was saved for re-use or recycled with only five per cent going to the local landfill. The hotel was recognized by LEED (Leadership in Energy and Environmental Design) as a high-performance building and awarded with a Gold level environmental sensitivity designation.

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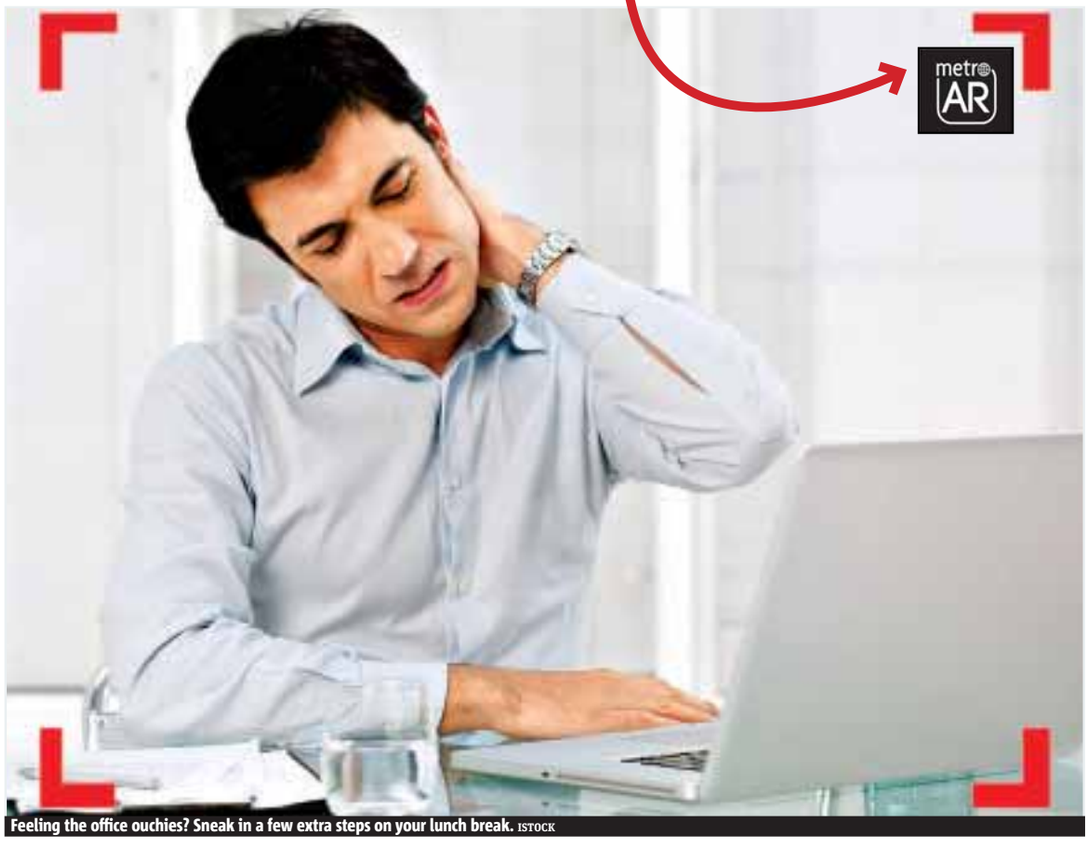
Get up, stand up, stand up for your health

Dancing at your desk. With sedentary behaviour at an all-time high in Canada, it's time to make a run for it and get active, even at the office



Feeling the office ouchies? Sneak in a few extra steps on your lunch break. ISTOCK

While much attention has been devoted to monitoring the activity levels — or lack thereof — among Canadian kids, many of the country's adults are also at risk of spending too many of their waking hours being idle.

With its Sneak It In campaign, ParticipAction is encouraging adults to break up sedentary time spent commuting and sitting in the office.

To help reach that goal, adults are encouraged to take active breaks and boost their fitness levels by "sneaking in" 10-minute bursts of physical activity into their workdays.

According to Statistics Canada's Canadian Health Measures Survey from 2007 to '09, just over 15 per cent of the country's adults were meeting the recommended guidelines of 150 minutes of physical activity a week.

The figures for older children are similarly grim. In its annual report card on the physical activity level of children and youth released last year, Active Healthy Kids Canada revealed that only seven per cent of five- to 11-year-olds and four per cent of 12- to 17-year-olds met recommended guidelines of 60 minutes of moderate to vigorous activity daily.

Walking quickly, skating and bike riding are examples of moderate activities, while running, basketball and soccer are examples of vigorous activities. StatsCan found that adults spent an average of 9.5 hours a day — or approximately 69 per cent of their waking hours — in sedentary activities, which involve little physical movement and a low expenditure of energy. ParticipAction president and CEO Elio Antunes said long stretches of time spent sitting is detrimental to one's health and it's important for adults to make a conscious effort to incorporate activity throughout the day to help limit potential health risks.

Sick from the sit

"Too much sedentary behaviour has led to increases in risk of diabetes, even heart attacks, high blood pressure, elevated cholesterol."

Elio Antunes
ParticipAction president

"Too much sedentary behaviour has led to increases in risk of diabetes, even heart attacks, high blood pressure, elevated cholesterol," he said in an interview.

"A lot of people with sore backs is due to long-term sitting. So there's a whole range of health issues that's related to too much sedentary behaviour — specifically sitting — so breaking that behaviour up will contribute to (addressing) those issues."

Antunes said adults can also wear a pedometer and aim to clock 10,000 steps within a day, and can even transform the exercise into a mini-challenge with their colleagues.

Adults don't need to devote lunch hours at the gym to see an uptick in their activity levels but can achieve their target with short bursts of everyday activities "that should get your heart rate going," he noted.

"When you're going out to lunch for that sandwich, maybe take that extra walk for 10 minutes, or park your car a bit further from the front doors or take public transit."

Antunes said he recognized that individuals are busy and that breaking up sedentary time is a challenge within today's fast-paced environment.

But it's as essential as carrying out a work assignment and can perhaps be accomplished in tandem with office-related tasks, he noted.

"If you're working towards a deadline, working on a focused project, there are things you can do that (don't) necessarily impact your productivity," Antunes said, suggesting individuals stand rather than sit during phone calls and walk to speak with colleagues face-to-face versus sending emails.

"If you have your weekly management meeting, get up instead of sitting down and that breaks up your sedentary time. Anything you can do to get off that chair."

THE CANADIAN PRESS

Gallop while you gab

ParticipAction president and CEO Elio Antunes said he has colleagues who book walking into their agendas, and suggests workers go for a walking meeting rather than book a boardroom for their gatherings.

- "You're still being productive ... but you're reducing your sedentary time while being productive."

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Saskatoon – June 13, 2014
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Think outside the dinner box

Mini Vegetable, Ham and Egg Puffs. Borrow from the breakfast table to make a quick and easy dinner

DINNER EXPRESS
Emily Richards
food@metronews.ca

Sometimes breakfast can be considered a comfort food and we all need a little comfort after a long days work.

That's why breakfast for dinner is a popular way to eat fast and healthy.

Ingredients

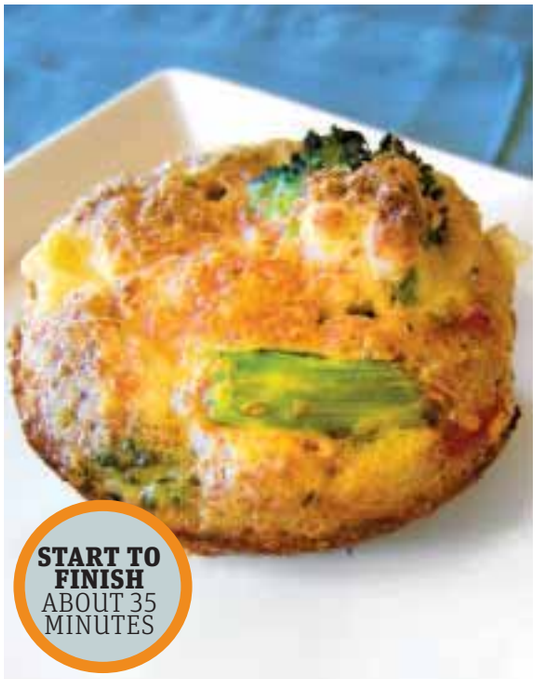
- 1 tsp (5 ml) canola oil
- 1/4 cup (60 ml) diced onion
- Half a red bell pepper, diced
- 1 cup (250 ml) chopped broccoli
- 1/2 cup (125 ml) chopped ham
- 1/2 tsp (2 ml) dried thyme
- 1/4 tsp (1 ml) black pepper
- 1/2 cup (125 ml) crumbled feta cheese
- 4 eggs
- 2 egg whites
- 1 cup (250 ml) skim milk
- 1/4 cup (60 ml) wheat bran
- 1/4 cup (60 ml) whole wheat flour

Keeping a pantry of staples is helpful and always having those protein-filled eggs in your refrigerator makes for endless possibilities. For example, with only a few ingredients, you can enjoy delicious vegetables among eggs that are baked. All it takes to round out your meal is salad and crusty bread. These little puffs are perfect to enjoy on the run as well.

Any leftovers can be packed into lunches the next day or enjoyed on your way out the door to work. Whichever way you eat these, they will give your day an "eggcellent" healthy feeling.

1. In skillet, heat oil over medium heat and cook onion and pepper for 2 minutes or until softened. Add broccoli, ham, thyme and pepper; cover and steam for 3 mins or until tender crisp and bright green. Divide mix among 12 greased muffin tins. Sprinkle cheese over top of vegetable mixture.

2. In bowl, whisk together, eggs, egg whites, milk, bran and whole wheat flour. Pour evenly over vegetable and cheese mixture. Bake in 400 F (200 C) oven for about 20 minutes or until golden, set and puffed. Let cool slightly before serving.



This recipe makes 12 puffs. EMILY RICHARDS

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Offer includes charges for freight and air tax ($1,565/$1,665/$1,700/$1,750), options, license, fuel fill charge, insurance, dealer PDI, PPSA (if financed or leased), administration fees, any other applicable environmental charges/fees and taxes. All prices are based on Manufacturer's Suggested Retail Price. †Until April 30, 2014, receive 0% APR purchase financing on new 2014 Edge models for up to 48 months, Taurus and Escape models for up to 84 months, and Ford Focus and Fiesta models for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $520.83/$416.66/$347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $25,000. Down payment or purchase financing offers may be required based on approved credit from Ford Credit. ^Until April 30, 2014, receive (0.99%/0.99%/2.99%/2.49%) APR purchase financing on new 2014 Ford (Fiesta S/Focus S/Fusion S/Escape S FWD/2.5L) models for up to 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Get the above for [$13,198/$14,948/$22,818/$24,888] purchase financed at [0.99%/0.99%/2.99%/2.49%] APR for 84 months, with $0 down payment, monthly payment is [$369/$385/$382/$384] after total Manufacturer Rebates [$2,500/$2,500/$500/$1,000] deducted). (the sum of twelve (12) monthly payments divided by 26 periods gives pages a bi-weekly payment of [$75/$85/$139/$149], interest cost of borrowing is [$1,690/$2,142/$2,400/$2,230] for APR of [0.99%/0.99%/2.99%/2.49%] and total to be repaid is [$15,690/$15,470/$25,298/$27,078]). Down payment may be required based on approved credit from Ford Credit. All offers include charges for freight and air tax ($1,565/$1,665/$1,700/$1,750), options, license, PPSA, fuel fill charge, insurance, dealer PDI, administration fees, and any other applicable environmental charges/fees and taxes. All prices are based on Manufacturer's Suggested Retail Price. ^^Estimated fuel consumption ratings: for the 2014 Fiesta S 1.6L I-4 5-Speed Manual or 6 Speed Automatic, 2014 Focus 2.0L I4 5 Speed Manual, 2014 Fusion FWD 2.5L 6-Speed SST, 2014 Escape 2.0L GTDI I4 6-Speed Automatic. Fuel consumption ratings based on Natural Resources Canada city and highway ratings for Ford models, 1995 through 2014. Actual results may vary. ** Offer only available at participating Ford dealers with the purchase/lease of a new 2014 Fiesta, Focus, C-MAX Hybrid, Fusion Hybrid (up to $1,000 litre); Fusion, Mustang, Taurus, Escape (up to $1,500 litres), and Flex, Explorer, Edge, Expedition (up to $2,000 litres) – all diesel models are excluded. $4.9% price look ("Price Lock") amount may only be redeemed for regular grade fuel at participating Esso gas stations and applies when regular grade fuel is priced between $1.25 and $1.50 per litre at the participating Esso gas station where the redemption takes place. When regular grade fuel is priced above $1.50 per litre, customer will receive a $0.55 per litre discount off of the regular grade fuel price, and where regular grade fuel is priced below $1.25, customer will receive a $0.20 discount off of the regular grade fuel price. See dealer for Extra Grade and Premium Grade fuel discount structure and for full offer details. ++Offer only valid until April 1, 2014 to April 30, 2014 (the "Program Period") to Canadian resident customers who currently (during the Program Period) own or are leasing certain Ford car, Sport Utility Vehicle (SUV), Cross-Over Utility Vehicle (CUV) or Minivan models (each a "Qualifying Loyalty Model"), or certain competitive car, Sport Utility Vehicle (SUV), Cross-Over Utility Vehicle (CUV) or Minivan models (each a "Qualifying Conquest Model") and purchase, lease, or factory order (during the Program Period) a new qualifying 2013/2014 Ford Taurus, Fusion, Escape, Flex, Edge or 2014 Explorer, Mustang V6 & GT (excluding GT 500), or Expedition (each an "Eligible Vehicle"). Some eligibility restrictions apply on Qualifying Loyalty and Conquest Models and Eligible Vehicles – see dealer for full offer criteria. Qualifying customers will receive CAD $750 (the "Incentive") towards the purchase or lease of the Eligible Vehicle, which must be delivered and/or factory-ordered from your participating Ford dealer during the Program Period. Limit one (1) Incentive per Eligible Vehicle sale, up to a maximum of two (2) separate Eligible Vehicle sales, per Qualifying Conquest/Loyalty Model. Each customer will be required to provide proof of ownership/registration and insurance of the applicable Qualifying Conquest/Loyalty Model (or Canada) for the previous 1 months and the owner/ship/registration address must match the address on the new buyer's Agreement or Lease Agreement for the Eligible Vehicle sale. Taxes payable before Incentive is deducted. ‡ Based on 2007 – 2013 U.S. Polk vehicle registrations data for Canada in the Large Premium Utility, Large Traditional Utility, Large Utility, Medium Premium Utility, Medium Utility, Small Premium Utility, and Small Utility segments. ◊ Estimated fuel consumption using Environment Canada approved test methods. 2014 Ford Fiesta with 1.6L I4 engine (basic is Subcompact Car versus 2013 competitors. Subcompact Car class and competitor data based on 2013 MY EPA Vehicle Classifications and classification for subcompact cars with regular gasoline. ‡Claim based on analysis by Ford of Polk global new registration for CY2012 for a single nameplate which excludes redesigned vehicles, platform derivatives or other vehicle nameplate versions. ©2014 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of Sirius XM Radio Inc. and are used under licence. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.

SPORTS 4

25th anniversary

Victims of stadium disaster remembered

The global football community united Tuesday to mark the 25th anniversary of the Hillsborough Stadium disaster in which 96 Liverpool fans were crushed to death during an FA Cup semifinal.

The focal point on a day of commemoration and remembrance was Anfield, where Liverpool players past and present and the families of the victims were among the estimated 30,000 people who attended a moving memorial service. THE ASSOCIATED PRESS

Scan the above image with the Metro News app to see a photo gallery of the memorial service.
CHRISTOPHER FURLONG/GETTY IMAGES

Premier League

Arsenal back in last Champions League spot

Lukas Podolski scored twice as Arsenal came from a goal down to beat West Ham 3-1 in the Premier League on Tuesday and provisionally reclaim the last Champions League spot. THE ASSOCIATED PRESS

Sidney Crosby skates with the puck during the second period of the game against the Detroit Red Wings at Joe Louis Arena on March 20 in Detroit.
LEON HALIP/GETTY IMAGES

Two golds, one cup not enough for the Kid

Good at everything.
Crosby leads Penguins into playoffs with a division title

Sidney Crosby won his first Stanley Cup at age 21 and his first of two Olympic gold medals at 22. This season, he led the Pittsburgh Penguins to a division title, won the scoring race and is favoured to be the NHL's most valuable player.

Yet that's not enough.

"He's really got this essence about him ... that makes him constantly feel like where he is, is one step behind where he's going and where he needs to be," trainer Andy O'Brien said. "I think it's just a real unique quality that makes him Sidney Crosby."

Crosby earned his second Olympic gold in Sochi, but he's almost five full years removed from the only cup he has ever won. He insists these playoffs don't feel any different that previous years, only now he has experienced more spring disappointments since 2009.

"Just because you want to do it doesn't mean it's going to happen," Crosby said of winning the Stanley Cup. "I think that makes you appreciate it, but at the same time, it motivates you to know that as much as you can kind of put forward to give yourself that chance, give your team that chance, you've got to do that."

Crosby tends to be at his best when his team needs it, something evidenced by his 104-point season while the Penguins dealt with injuries to Evgeni Malkin, Pascal Dupuis and James Neal, among others.

The 26-year-old Cole Harbour, N.S., native had a direct part in a league-leading 43 per cent of Pittsburgh's goals on the way to first place in the new Metropolitan Division. Crosby doesn't know if this has been his best season — he won the Hart Trophy in 2006-07 with 120 points — but he is proud of staying healthy and being consistent.

Teammates can't help but be impressed.

That on-ice production is not just a result of Crosby's natural talent, said O'Brien.

"He approaches his game year-after-year, night-after-night as if, 'There's something I can be better at, I've got to find a way to do this more,'" O'Brien said. THE CANADIAN PRESS

Impressed

"His expectations are so high, but he's been able to be so consistent and he's been able to play (almost) every game."
Jussi Jokinen, Penguins forward

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What will replace Crown Vic?

Sea change. Latest batch of cop cars has big treads to fill

TODD D. BURLAGE
wheelbasemedia.com

ALL IMAGES WHEELBASE MEDIA

It's a lowly full-sized sedan, but everyone knows its shape and what it stands for — especially when it finds your rearview mirror — the Ford Crown Victoria cop car.

But all great runs must come to an end, and when the last of the more than 10 million Crown Victorias rolled off the assembly line in September of 2011, the end of one automotive era ushered in the beginning of another.

"The cop car market follows the way the consumer market goes," said Wayne Cunningham, senior editor of CNET Car Tech. "There has just sort of been a sea of change going on in the police vehicle platforms, and the Crown Victoria couldn't hold its place in the market any longer."

The Crown Victoria's fall from grace after 15 years of dominance in the police-force market came as a result of sagging sales, rising fabrication costs and an increased push for more fuel-efficient vehicles. Ford reports that demand levels for the Crown Victoria slipped by 60 per cent in its last decade of production, and the vehicle was available only in fleet sales since the 2008 model year through its discontinuation in 2011.

"The technology was catching up to the Crown Vic also," said Lt. Jim Flegel, a Michigan State Police officer with the MSP Precision Driving Unit.

"Ford had to keep those vehicles up to date in terms of federal standards, and stuff all that money into the vehicle to keep meeting those standards. It just wasn't feasible anymore, so (Ford) decided to go with a different platform that was going to meet all the federal safety standards."

The end of the Crown Vic era (1955-'56, 1979-'80 and 1983-2011) opened the market for a vehicle void in North American police departments, though some agencies aren't quite ready to dissolve the relationship.

Before production ceased, the Austin Police Department in Texas stockpiled 176 Crown Victoria patrol cars to help serve and protect the city for years to come.

Even with the end of the line for the Crown Vic, Ford didn't quietly concede its place as the top manufacturer of police vehicles in North America, unveiling for the 2012 model year its next-gen cop car with the Ford Police Interceptor, which is built from the Taurus platform.

But with deep loyalty to the reliable Crown Vic in many departments, questions remained as to why Ford didn't just tweak the Crown Victoria platform and replace the V8 engine with the fuel-friendly EcoBoost V6 engine.

Cunningham explained that in the name of cost effectiveness, manufacturers routinely base their police and other specialty fleet vehicles on consumer models. And with demand for the Crown Victoria slipping, the best course became a new course from a financial and practicality standpoint.

"It would be inefficient for Ford to keep around the platform just for a niche vehicle that maybe sells a couple of thousand a year," Cunningham said. "The major manufacturers are looking for platforms that are more versatile, modern and fuel-efficient, which will probably look more attractive from an accounting perspective and a city budget perspective also."

The Ford Police Interceptor breaks some new ground with a front-wheel drive platform that includes an all-wheel drive option.

The Michigan State Police Precision Driving Unit is at the forefront of police vehicle evaluation. And of the six four-wheeled police vehicles tested in September of 2011 for the 2012 model year — Chevrolet's Caprice 9C1, Impala 9C1 and Tahoe utility; the Dodge Charger; the Taurus-based Ford Police Interceptor sedan and Explorer-based utility vehicle — only the Ford models use a front-wheel drive platform.

"The front-wheel drive was surprisingly a very predictable vehicle," Flegel said of the performance testing results of the Ford models.

"With front-wheel drive vehicles, you kind of expect them to understeer (continue in a straight line when the steering wheel is turned). We did not get a whole lot of understeer with the new Interceptor."

But Ford didn't pigeonhole itself with a front-wheel drive only model. The company added an all-wheel drive version that comes with a 263-horsepower, 3.5-litre V6, or the turbocharged EcoBoost 3.5-litre with 365 horsepower and 350 pound-feet of torque.

"With the police that are used to their trusty Crown Vic, they might be a little suspicious of the new platform because it is a front-wheel drive platform," Cunningham said.

"But the all-wheel drive version within that platform adds to the flexibility, and that may be something that brings the police forces on board with the all-wheel drive."

From the rear-wheel drive monster known as the Crown Victoria, to the sleek, fuel-efficient, front-wheel drive Taurus, there is no turning back now.

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50 years of Mustangs

The big 5-0. You can count on this sporty car to break up the monotony of SUVs in the Home Depot parking lot

AUTO PILOT
Mike Goetz
drive@metronews.ca

Hard to believe these Mustangs were randomly parked like this by their owners to form a "50" on the exact week the Mustang turns 50. SAMMY CHAN

It's a big week for Ford Mustang. The iconic sports coupe turns 50 years old and celebrations are planned far and wide.

Henry Ford II introduced the Mustang to the world on April 17, 1964, at the World's Fair in Flushing Meadows, New York, the same day it debuted in Ford showrooms across North America.

Over 22,000 Mustangs were sold that day, and over 400,000 during its first sales year, far exceeding expectations.

Ford will reprise that initial introduction this Thursday in Flushing Meadows, and will also stage a 2015 Mustang on the 86th floor observation deck of the Empire State Building.

There are big fan events planned as well, such as Mustang Club gatherings in Concord, North Carolina, and Las Vegas, where more than 5,000 Mustangs and approximately 100,000 tribe members are expected to turn out.

Ford of Canada organized a get-together last Saturday in Toronto, putting the word out via Ford Mustang forums. A great selection of Mustangs of every vintage showed up at the Ontario Place lot, and 28 of them were selected to park in a big "50" that was photographed from above with the help of a huge crane.

After talking to the Mustang owners and aficionados there on Saturday, and gawking at their lovely Mustangs, it was obvious that the demographic for Mustang ownership now is not what is was back then. Back in 1964, the car was designed and pitched as a fun and affordable sporty car for young people.

Now they are driven home mostly by middle-aged (and beyond) boomers who can afford to buy them and may even have them around as a second vehicle.

Don't blame the Mustang. It's still a great car and still desired by a surprising number of young people.

But now that it is so much cheaper to build front-drive cars, rear-drive performance "pony" cars like Mustang, Camaro and Challenger must compete for buyers with another level of disposable income than what young people are currently packing in the pockets of their skinny, low-cut jeans.

Even thought the market demand for these vehicles has adjusted downward, the automakers are still happy to have them in the portfolio. They create lots of attention and make the brand look cool. They are a great chapter in the story of American automobiles.

And they break up the monotony in a Home Depot parking lot, full of sedans and SUVs that look increasingly alike, no matter who builds them or what continent they originated from …

And that's worth celebrating, at Mustang's 50th, and at its anniversaries to come. in the years ahead

Quoted

"It is still a great car and still desired by a surprising number of young people."
Mike Goetz, columnist

You'll never get stranded again

Run-flat tires. Newly available technology lets drivers coast right to the shop

JIL MCINTOSH
Drive@metronews.ca

Drive over a nail with your tires, and there's a good chance you'll get a flat. But not all tires will leave you stranded. If you have a run-flat tire, you can still drive home, or to a shop that can fix it for you.

Up until now, run-flat tires have only been available for performance cars that left the factory with them. Bridgestone now offers a new line of run-flats, called DriveGuard, that can be put on mainstream cars that originally came with conventional tires, such as the Honda Civic or Toyota Camry.

"The side of the road is not a fun place to be," says Robert Saul, product manager of consumer tire sales for Bridgestone Americas. "We're delivering new technology to a much bigger audience than we have in the past, with a tire that's capable of surviving punctures and air loss."

Run-flat tires have only recently become available for most cars. COURTESY BRIDGESTONE

DriveGuard tires

"We're delivering new technology to a bigger audience than we have in the past, with a tire that's capable of surviving punctures and air loss."
Robert Saul, product manager of consumer tire sales for Bridgestone Americas

Run-flat tires have a special reinforced sidewall that's capable of holding the vehicle's weight even when they have no air in them.

They were introduced in the 1980s on close-coupled sports cars that didn't have enough room for a spare tire. However, their thicker, lower-profile sidewall usually creates a very harsh ride.

Bridgestone's new technology includes a special sidewall insert that lets engineers create a thinner, taller sidewall than on a regular run-flat. It can still hold up the vehicle if the tire loses air, but the ride is as smooth as with a conventional tire.

Bridgestone says you can safely drive on a completely flat DriveGuard tire at 80 km/h for 80 kilometres, and potentially much farther depending on road conditions and how fast you drive. The vehicle may pull slightly to one side, and the tire will make a rumbling sound, especially on turns, but you will be able to stay in control.

Once you get to a shop, the tire will have to be removed from the rim and the interior examined to see if it can be repaired.

All run-flat tires, including DriveGuard, can only be used on a car that has a tire pressure monitoring system, since the tires don't necessarily look any different when they're low on air.

"You can be on a tire that's under-inflated and not know it," Saul says. "We need the system to warn you that the tire pressure has dropped to a point where you need to take action, because you might not know, otherwise."

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Horoscopes

♈ Aries
March 21 - April 20
There is no point trying to get partners and colleagues' approval for what you are planning while the effects of yesterday's eclipse still linger. Either push ahead on your own or wait until they are in a more receptive frame of mind.

♉ Taurus
April 21 - May 21
Refuse to get uptight about the little things that go wrong. At home and work it will seem as if people are deliberately letting you down but the truth is everyone is a bit confused, so make allowances.

♊ Gemini
May 22 - June 21
The only way you're going to move forward with a project is if you get backing from people who can help you overcome the obstacles you are going to face. Give it another day or two to say, "yes".

♋ Cancer
June 22 - July 23
It isn't worth wasting time and energy fighting about something that means nothing to you. Later on in the month you will get the chance to do battle for a worthwhile cause.

♌ Leo
July 24 - Aug. 23
You may have to defend what you believe in today, and you should do so with every weapon at your disposal. Don't ever forget that you are as entitled to your viewpoints.

♍ Virgo
Aug. 24 - Sept. 23
It isn't time for making money-related decisions. If you give yesterday's eclipse a few days to wane, you may find that what you thought was a good deal wasn't.

♎ Libra
Sept. 24 - Oct. 23
Partners and colleagues have the upper hand right now. There are powers that cannot be beaten by charm or force of personality, of which you have plenty. Just stay calm.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how eager you are to begin something you have every reason to believe will bring you fame and fortune, it might be best to wait. The Sun's change of signs on the weekend could lead to a change in your priorities.

♐ Sagittarius
Nov. 23 - Dec. 21
You can and will succeed a lot quicker if you get help from people who share your ambitions. Teamwork is the way to move forward and that, of course, means compromise.

♑ Capricorn
Dec. 22 - Jan. 20
You may have to own up to a transgression today but the moment you do, you will feel a lot better for it. You have been carrying a lot of burdens lately, not least the burden of a guilty conscience. Get past it.

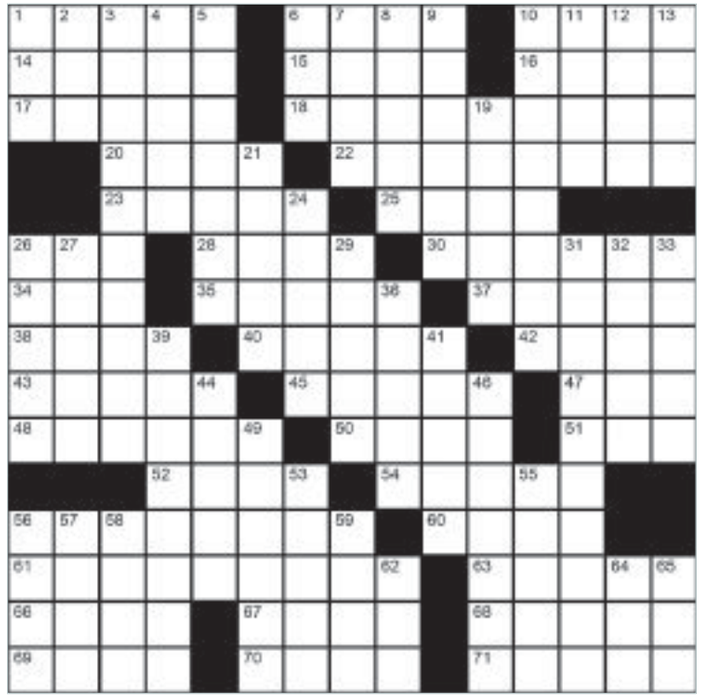
♒ Aquarius
Jan. 21 - Feb. 19
If you feel the need to go out and have a good time then do so and don't feel guilty about it. Put your troubles behind you and do whatever makes you feel glad to be alive.

♓ Pisces
Feb. 20 - March 20
You seem to reckless lately and if yesterday's eclipse somehow failed to remind you that's not a good thing to be then today's Mars-Mercury link most certainly will. Don't ignore warnings. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

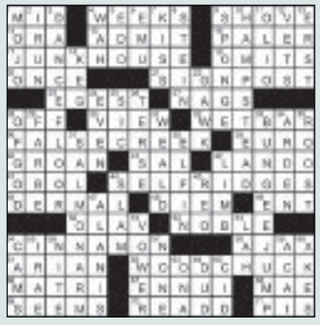
BY KELLY ANN BUCHANAN



Across
1. 'Herbie' of movies, e.g., _ _ __
6. Mr. Lugosi
10. Objective
14. "That's _ __ __!" (Remark to the naughty)
15. Eddie's "Beverly Hills Cop" (1984) role
16. Medical condition suffix
17. It takes __ __ tango
18. Yellow blooms of Spring
20. Pickle
22. Leonard Cohen's "So Long, __"
23. People of Eng.
25. Puppy's protest!
26. 1996 Snoop Dogg album: '__ Dog-gfather'
28. Apiece
30. 1994 Green Day album
34. Low-__ (Fuzzy, as images)
35. Journalist's coup
37. Salt-_-__
38. Hill-making creatures
40. Harold's pal (played by Kal Penn) in movies
42. Gibraltar, et al.
43. Previous
45. Freshen
47. Tit-for-__
48. Ontario: Community in Prince Edward County
50. Slangy sure
51. Fleur-de-__ [var. sp.]
52. Riot
54. Extra tire
56. "__ Highway" by Gordon Lightfoot
60. __ one's toe
61. Sops up again
63. Like a cloudless day
66. Military force
67. Odd, to a Scot
68. Lionel Richie song
69. Supermodel Kate
70. Feline's utterance
71. "Over the Rainbow" co-composer, Harold __

Down
1. Cistern
2. Compass pt.
3. Dream Warriors hit: "My Definition of a __ Jazz Style"
4. Beneath: German
5. J.Lo gets them after moving "American Idol" performances
6. Not good
7. Crammed for thing
8. Arthurian legend sorceress, Morgan __ __
9. The Dark Knight's trusted aid
10. Colas: 2 wds.
11. Pet Shop Boys hit: "It's _ __"
12. Ceramics oven
13. Feminine suffix
19. Pour __ __ troubled waters
21. Heap
24. Do heavy duty Spring cleaning
26. __ Family Singers
27. Montreal-born politician Mr. Bourassa (b.1868 - d.1952)
29. Comfortable
31. Cute-looking gym weight
32. "_ __ everyday that..." ('Holy'-sounding wish)
33. Map's to-the-right directions
36. Window parts
39. World famous auctioneer
41. Collects, as grains
44. 'Sunny' car areas
46. Chilliwack hit: "__ Gonna Do (When I'm Gone)"
49. 'We're Full' meaning at an inn: 2 wds.
53. __-Neuve-et-Labrador
55. Throne occupant
56. Prepare for the test hurriedly
57. Bubbly bar
58. Slams
59. River of Spain
62. Visited
64. Alcoholic beverage
65. J.K. Rowling character

Yesterday's Crossword



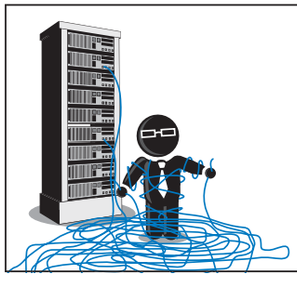
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	3	5					8	
9					7		4	
7			3		9	1		
	4			3		5		2
8		7		5			3	
		4	1		6			9
	6		4					1
	2					3	6	

Yesterday's Sudoku

3	8	6	2	5	7	9	4	1
2	4	9	1	8	3	7	5	6
7	5	1	4	9	6	3	2	8
5	2	3	7	6	1	4	8	9
6	7	8	9	3	4	2	1	5
1	9	4	5	2	8	6	7	3
4	6	5	8	7	9	1	3	2
9	1	2	3	4	5	8	6	7
8	3	7	6	1	2	5	9	4



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